

CP&R “Learn To Swim” Program

The Cottonwood “Learn to Swim” program provides youth ages 3 to 15 with four levels of swim instruction. Levels are mandated by the American Red Cross and are taught by trained and certified Water Safety Instructors. All four levels are offered during four separate sessions throughout the summer. Classes are 30 minutes long. Sessions are two weeks, Monday through Friday.

2016 SESSION SCHEDULE

Session #1	Monday, June 6 - Friday, June 17
Session #2	Monday, June 20 - Friday, July 1
Session #3	Tuesday, July 5 - Friday, July 15
Session #4	Monday, July 18 - Friday, July 29

Level I is offered at the following times at the indoor pool:

10:00 - 10:30 am; 10:45 - 11:15am or 11:30 - 12pm

Levels II - IV are offered at the following times in the outdoor pool: 8:30 am, 9:15 am, 10 am and 4:10 pm

REGISTERING FOR A “LEARN TO SWIM” CLASS

Registrations are accepted at the Cottonwood Recreation Center Monday, April 18, 2016 through the Thursday prior to each session unless session is already full. Please complete a separate registration form for each child and for each specific session. Class descriptions and forms are located on the back of this flyer. Extra forms are available at the office. Fees are due at time of registration. Phone-in registrations not accepted but mail-ins and online registrations are. Register online through the city website. **Parents determine which level to place their child in by reading the descriptions below and on the following page.** Student level may be adjusted if deemed necessary by the instructors.

Cost: \$35 per child per session.

Ask about discounts for additional children within the same family when you register.

Cash, Checks, Credit and debit cards accepted.

PARENT AND TOT CLASS

Ages 6 months - 3 years

Saturdays at 9:30 am

June 11, July 9 and August 13

Cost is \$7.50 per parent/child couple per class date

Held in the Outdoor pool, you are in the water with your baby. You'll learn to enjoy the water and have a safe aquatics experience. Goals include changing body position, some arm and leg action, and breath control. Pre-registration, including fee, is required at the CRC front desk.

**For more information, please
phone or e-mail
Cottonwood Parks & Recreation
at 639-3200 or**

LEVEL ONE - "MINNOWS"

Your child is introduced to basic skills as the foundation for future skills and the development of water competency. Milestones necessary for successful completion include: Entering the water independently using the ramp, steps or side; traveling at least 5 yards, bobbing 5 times and then safely exiting the water; opening eyes underwater and retrieving submerged object; gliding on front with assistance at least 2 body lengths; rolling to a back float for 5 seconds with assistance; recovering to a vertical position with assistance; combined arm and leg actions on front and back with assistance; alternating and simultaneous arm and leg actions on front and back with assistance.

It is common for children to participate in several sessions of Level 1 before they successfully demonstrate each skill. It is not important how quickly they move through a level, but that they acquire each skill.

LEVEL TWO - "GUPPIES"

This class builds on skills learned in Level 1. Children begin to perform skills at a slightly more advanced level and begin to gain rudimentary propulsive skills on both front and back. This level marks the beginning of independent aquatic locomotion skills. Some of the milestones necessary for successful completion of Level 2 include: stepping from the side into chest-deep water; fully submerging and holding breath; pushing off the bottom, moving into a treading or floating position for 15 seconds, swimming on front and/or back for 5 body lengths and then exiting the water; moving into a back float for 15 seconds, rolling to front and then recovering to a vertical position; pushing off and swimming using combined arm and leg actions on front for 5 body lengths, rolling to back, floating for 15 seconds, rolling to the front and then continue swimming for 5 body lengths.

LEVEL THREE - "GOLDFISH"

New swimming and water safety skills are introduced while swimmers build on previously learned skills. Children learn to swim the front crawl and elementary backstroke at rudimentary levels, are introduced to the scissors and dolphin kicks, learn the survival float and increase the time duration for treading water. Children also learn the rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside (if the water is 9 feet deep or deeper). Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim and help your child develop water competency.

LEVEL FOUR - "SEALS"

New swimming and water safety skills learned and previously learned skills emphasized, improving the swimming stroke proficiency and swimming for longer distances. Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim. Some of the milestones in Level 4 include: swimming the front crawl for 25 yards; swimming the elementary backstroke for 25 yards; swimming the breaststroke for 15 yards; swimming the butterfly for 15 yards; swimming the back crawl for 15 yards; swimming the sidestroke for 15 yards; headfirst entry from a stride position in deep water; open turns on the front and back.

"Learn to Swim" Registration

Previous participant or CRC member? _____

Child's Name _____

Age as of 6/1/16 _____ DOB _____

Level #/Name _____

Session # _____ Time _____

Special Needs Accommodations? _____

Parent's Name _____

Address _____

City _____ Zip _____

Email _____

Phone No. (home) _____ Other _____

Parent/Guardian Signature _____

Date _____

"Learn to Swim" Registration

Previous participant or CRC member? _____

Child's Name _____

Age as of 6/1/16 _____ DOB _____

Level #/Name _____

Session # _____ Time _____

Special Needs Accommodations? _____

Parent's Name _____

Address _____

City _____ Zip _____

Email _____

Phone No. (home) _____ Other _____

Parent/Guardian Signature _____

Date _____